



ROADS

Vol. 3, No. 6
 Feb. 6, 1998
 Lajes Field, Azores
www.lajes.af.mil/pa/65thpa.htm

CROSS

U.S. Air
 Force
 CORE
 VALUES



- Integrity
First
- Service
Before
Self
- Excel-
lence
In All
We Do



Photo/Guido Melo

Members of the Praia Fire Department and 65th Air Base Wing emergency response agencies continue to work at the crash site Thursday morning. The Lux Air AN-12 on its way to mainland Portugal crashed shortly after takeoff Wednesday night.

Emergency crews respond to accident

SSgt. Rosaire Bushey
Editor

A Lux Air AN-12 aircraft crashed Wednesday evening shortly after take off.

The aircraft, a four engine turbo-prop similar to a C-130, was carrying mail back to mainland Portugal when it crashed into a hill at about 9:20 p.m.

Praia firefighters were first on the scene and were soon assisted by firefighter from the 65th Air Base Wing.

Emergency rescue forces, security and medical units also responded to the accident site.

"I applaud the members of Team Lajes for their work during this ter-

rible tragedy," said Col. Rod Gibson, 65th Air Base Wing Commander.

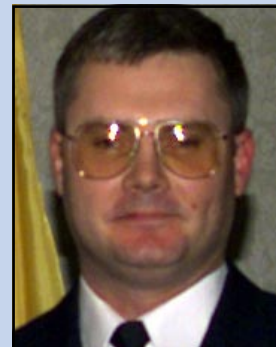
Gibson said all the base responders put in long hours and performed superbly.

"It's obvious our training efforts in numerous exercises over the past year have paid off. We responded well in assisting our Portuguese hosts during this tragedy."

According to MSgt. Scott Johnson, base deputy fire chief and one of the first responders at the scene, the coordination between Praia, local civil defense authorities, Air Base No. 4 and the wing went very smoothly.

"For an operation of this magnitude I can't see how the response of the different forces could be better," he said.

Wing selects annual award recipients



*Full Time Paid
 Volunteer*

**MSgt. James
 Williams**

*65th Support
 Group*



*Non/Partial
 Paid Volunteer*
Carolyn Harris

Continued on Pages 6-7

**TEAM LAJES — PUTTING PEOPLE FIRST --
 BOTH OUR VISITORS, AND OURSELVES**



Unit tax representatives

1st Lt G. Dane McKenzie
Base Tax Advisor

The base legal office recently sponsored Internal Revenue Service representative Joanne Konchar for a week-long training class for all unit tax advisors. Trained UTAs are available to help answer questions and fill out tax forms. In addition to assisting clients, UTAs also help staff the tax center. Active-duty and retired military members, DoD civilians and family members may have their tax returns prepared and electronically filed for free.

The hours of operation for the tax center are Monday from 10 a.m. to 2 p.m. and 6 to 8 p.m., Wednesday from 10 a.m. to 2 p.m., Thursday from 6 to 8 p.m., Friday from 10 a.m. to 2 p.m., and Saturday from noon to 4 p.m. For more information, call Ext. 22420.

Following is a list of unit tax advisors:

65th Air Base Wing — MSgt. Randy Nelson, 23310; and TSgt. Curtis Marshall, 25136

65th Comptroller Flight — TSgt. E.J. Jackson, 22416

65th Civil Engineer Squadron — SMSgt. Deborah Fedarko, 23716; MSgt. Charles Clampit, 24275; MSgt. Anthony Bryant, 24210; SSgt. Martha Pulliam, 26302; and SSgt. Paul VanSickle, 23570

65th Supply Squadron — MSgt. Donald Dawkins, 25250; TSgt. Robert Wagner, 23841; and SSgt. Randall Germain, 23518

629th Air Mobility Support Squadron — TSgt. Hao Nguyen, 23726; SrA. Michelle Bost, 23469; and SrA. William Everett, 23417

USFORAZ — ISC Randy Wauldron, 23519

Continued on Page 3

Lajes Team Player



SSgt. Leonard Turner

Unit - 65th Air Base Wing Safety Office

DEROS - November 1998

How do you contribute to the Team

Lajes mission - By providing annual inspections, investigating accidents and helping people learn about safety through safety training classes geared toward mishap prevention.

Like least about Lajes - If you want to get in your car for a drive, there's nowhere to go...you're always here.

Like most about Lajes - It's easy to get a flight out.

police blotter

The police blotters are true incidents which have affected the members of Lajes Field for the period of Jan. 27 to Feb. 2.

BREAKING & ENTERING/THEFT OF PROPERTY

Feb. 2 — T-200/Power plant. Person(s) unknown cut off locks to several storage lockers and stole tools and money.

LARCENY

Jan. 26 — Theft of government property/T-820/hangar/unsecured. Person(s) unknown stole two pintle hooks from two government compressors.

Jan. 28 — Theft of private property/T-162/billeting/secured. Person(s) unknown broke into a member's room and stole a wedding ring.

VEHICLE ACCIDENTS

Jan. 28 — Hit & run/T-1506/Beira Mar. A civilian hit a member's vehicle and did not report it.

Jan. 29 — Major vehicle accident/no injuries/off-base. A member traveling to base lost control of his vehicle after it hydroplaned, causing the vehicle to roll over.

Jan. 30 — Hit & run/T-326/commissary. A member parked his vehicle in the commissary parking lot. When he returned his vehicle was damaged. D

Feb. 2 — Minor POV/POV/no injuries/on-base. A member driving vehicle one, tried to turn out of a parking lot and hit a parked POV.

Incident	Jan. 8 to 13	98 CYTD
Assaults	0	1
Domestic Assaults	0	1
Burglary	0	0
B&E/Sheds	0	0
B&E/Gov't Bldgs	1	9
Larceny	2	10
Unsecured Buildings	0	8
Vehicle Accidents	4	10
DUI	0	0
Vandalism	0	2

Sorties

Jan. 26 - Feb. 1

ACC - 0

AMC - 10

DOD - 8

ALLIED - 12

DUI

Last DUI - Sept. 15

Days without a
DUI - 144

*The Next Strong Cajun is due
Feb. 17*



Traffic on the information highway

Commentary by
SSgt. Wayne Cloutier
Charleston AFB, SC

Editor's note: The following is reprinted with permission from "The Connection," Dec. 1997.

Electronic mail has quickly become the easiest way to send all types of information to all types of people - that's the plus - the minus is that e-mail can be easily abused.

Normally, you receive e-mail related to work, or squadron and base related activities. You may also have received unusual e-mail: warnings about the latest computer virus, a chain letter that you need to send to 10 more people (or receive bad luck - it happened to my second cousin, or just the latest joke running around the web.

Several cases of e-mail misuse have come to the attention of the wing information protection (IP) office. These case studies are just examples to make you, the e-mail user, more aware of possible e-mail abuses and prevent them from occurring or spreading.

CASE 1: "The Warning" You receive an e-mail. Subject: Important virus information. Please forward to everyone you know.

The mail goes on to warn you of the latest virus threat. It always comes from a reputable source and always tells you to forward the message to as many people as possible. Invariably a user reading this mail will feel the need to forward it to as many people as possible so that they can also be informed of the threat. One or more of the recipients will send it out to as many people as possible; and so on.

PROBLEM/SOLUTION: Normally these messages and the threat they describe aren't real. In fact, they are hoax virus notifications. A user receiving similar message(s) should contact their local computer systems security officer, the wing IP office, or check it themselves at the Air Force Computer Emergency Response Team Virus Hoax web page at <http://www.afcert.kelly.af.mil/hoaxes.html>.

CASE 2: "Bad Luck" You receive an e-mail. Subject: Get good luck now.

It's the basic chain letter or pyramid scheme that has been sent through the mail since the

Pony Express, only now in electronic form. The basic principle is that you need to forward the mail to 10 people or receive bad luck; which probably will be the year 2000 issue.

PROBLEM/SOLUTION: Well, unless you're superstitious, the only problem is that this abuse of the e-mail system can overwhelm the mail server, and/or take valuable time away from the recipient. If you receive chain mail you can notify the sender you don't appreciate their sense of humor, forward a copy to your local CSSO or just delete it and move on.

CASE 3: "Daily Messages" You receive an e-mail. Subject: Daily chuckle/daily joke.

One person thinks something is funny and forwards it, the next person forwards it, the next forwards it...it can go on forever.

PROBLEM/SOLUTION:

This abuse of the e-mail system can slow official mail service and take a user away from work. In some cases the jokes may be offensive to one or

more people.

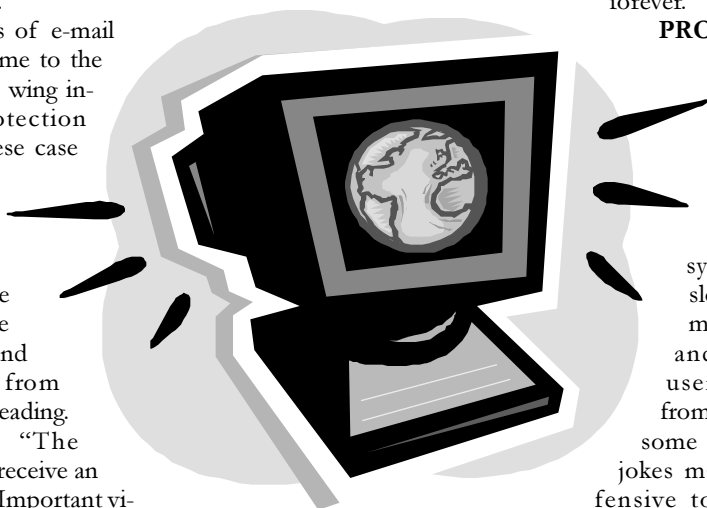
There are more types of e-mail abuse but these are typical examples of cases that have been seen in recent months. In these cases the users forgot two major rules: Is this communication necessary? Is it authorized for official purposes?

In any of the above cases the answer to these questions is no. A good give away for unofficial mail seems to be the exclamation points in the subject line and the original sender asking you to forward the message to others.

What's the problem? The problem is unofficial mail decreases the available bandwidth for authorized traffic and limits productivity.

If you have a question about e-mail you can review **AFI 33-119, Electronic Mail Management and Use**, call Ext. 21464, or e-mail the wing information protection office at INFOPROTEC in the global address book for more information.

NOTE: At Lajes Field, e-mail use is authorized for morale purposes after duty hours, during lunch and official breaks.



Briefs

Essay contest

The Mid-Atlantic Lodge is sponsoring an essay contest. People can write a 50-word or less essay explaining how their sponsor went above and beyond their normal duties to ensure a smooth transition to Lajes. The sponsor will win a one-night stay in a DV suite with complimentary wine, cheese and cracker tray. If your sponsor is a club member, they also win dinner for two at the Top of the Rock Club not to exceed \$25. The deadline for entries is March 31. For more information, call SSgt. Ray Portillo at Ext. 25178 for details.

DODDS route change

Because of the school bus route change which took effect Monday, the 65th Transportation Squadron will no longer provide taxi service on the weekends. For more information, call Ext. 23780.

Tax advisors

Continued on Page 3

65th Communications Squadron — MSgt. George Jacquez, 24219; MSgt. Michael Kohlwe, 22232; TSgt. Albert Witrosky, 21356; SSgt. David Morris, 23409; SSgt. Melvin Peele, Jr., 23224; and SSgt. Travis Williams, 23301

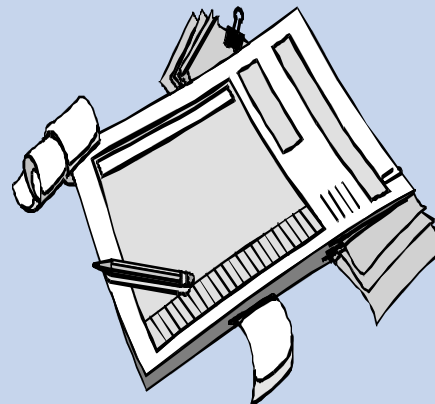
65th Operational Support Squadron — TSgt. Jim Steele, 21306; SrA. Tod Fortin, 23851; SSgt. Scott Thomsen, 23925; and SrA. Robert Lyon, 22200

65th Transportation Squadron — 2nd Lt. Justin Lavadour, 23780; Scott Tiedt, 21246; and TSgt. Vernon Griggs, 23840

65th Contracting Squadron — MSgt. Angela Skodacek, 21473

65th Medical Group — SSgt. Debbie Davis, 25177

65th Mission Support Squadron — MSgt. Bobby Vise, 23674





action lines

The Action Line is your tool to help Team Lajes. However, before you call, try to resolve your issue through the appropriate agency. You may remain anonymous, but for a direct answer, please leave your name and phone number. Additionally, answers to anonymous inquiries will normally not be published. Use the following numbers to help solve problems through base agencies.

Family support	23122
AAFES manager	23209
Commissary	26124
Hospital	23615

Civil engineer	26113
Housing	26251
Chaplain	23411
CE customer service desk	23335
Security police	26114
Telephone service desk	119
Supply squadron	23832
TMO inbound	25168
TMO outbound	24213
Personnel flight	23612
Services	21322/
beeper 169-1174	

Action Line 24240



Col. Rod Gibson, 65th Air Base Wing Commander, re-enlists MSgt. Debra Huntley, 65th Mission Support Squadron first sergeant this week.

CE sets up on-base recycling schedule

Capt. Carolyn Langley
Recycling manager

Recycling and refuse collection are separate at Lajes. Recycling pickup is performed under a new

contract which started in October. Refuse collection in housing and from facilities is done by the 65th Civil Engineer Squadron. Trash cans in office areas are emptied under the base cleaning contract. The refuse and cleaning staff will not collect recyclables. Only the recycling contractors will take recyclables except in special cases of large quantity cardboard pickups. Housing residents should place bagged recyclables in the blue recycling containers and trash in the green or metal containers.

What and how to recycle

Aluminum cans — Rinse cans and place in recycling containers in office areas, dorms or housing. Put recyclables in clear plastic garbage bags, then put in recycling containers in trash sheds or areas.

Paper — Magazines, newspaper, paper and computer paper are accepted. **Milk cartons or juice boxes are not accepted.**

Paper containing personnel information must be shredded and bagged before being placed in recycling containers.

In housing, put paper in clear garbage bags in recycling containers inside the trash or shed area.

Cardboard — Break down boxes so they're flat. The contractor won't accept cardboard that isn't broken down.

• One-time bulk cardboard pickups can be scheduled by calling Ext. 23101.

• Small amounts of cardboard in office areas can be flattened and placed with paper recycling bins.

• Cardboard in housing should be put in recycling containers. Cardboard should not be placed in green or metal trash bins.

Recycling containers must be shared by residents in trash or shed areas.

Items currently not recyclable on base include glass and plastic and people are asked not to place these items in the blue containers.

Collection schedule

• Family housing, Tuesdays and Thursdays

• Base facilities and dorms, paper - Wednesdays; aluminum cans - Fridays

• Bulk cardboard in base facilities, Wednesdays. Some facilities will have more frequent pick ups.

• Drop-off locations for on and off-base residents — Trailers at the commissary, base recycling center, Bldg. T-695 weekdays from 8 a.m. to 5 p.m.

• One-time bulk cardboard quantities - moving or receiving new furniture or equipment — Drop off at trailer at commissary or the base recycling center weekdays between 8 a.m. and 5 p.m.

For more information, call the environmental flight at Ext. 23101.



CROSSROADS

ROADS

This funded Air Force newspaper is an authorized weekly publication for members of the U.S. military services overseas. Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The editorial content is provided, edited and prepared by the Public Affairs Office of Lajes Field, Air Combat Command.

Editorial offices are located in Bldg T-100, Room 207, Ext. 23347.

News, features, art and photography are solicited from readers, however, the editor reserves the right to edit copy and judge if submissions are newsworthy or appropriate for the newspaper.

The deadline for submission is one week prior to the publication date.

All photographs are Air Force photographs unless otherwise indicated.

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Sr. Eduardo Lima

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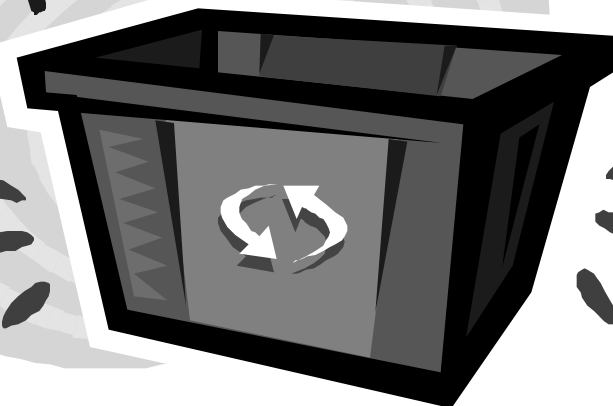
65th Communications Squadron

Visual Information Services

Photography Support

www.lajes.af.mil/pa/65thpa.htm

PLEASE RECYCLE!





This week is the third part of a series on the Azorean Islands. This week Ed looks at Terceira.

The island of Terceira, or the Island of Jesus Christ as it was known to the Portuguese navigators during the discoveries' era, was the third to be discovered, hence its name, which means "the third."

With an elliptical shape, Terceira has an area of approximately 148 square miles and is the third in size with a population of approximately 56,000 people.

The island, namely the port of Angra, played an important role in the 15th and 16th centuries as a port of call for sailing ships bringing the wealth of the Americas, Africa and India. It was in Angra that the brother of Vasco da Gama, was buried during the return of his first voyage to India.

With the fall of the Portuguese throne to Philip II of Spain in 1580, the island became a focus of resistance against Spanish rule. In fact, the first attempt by Spanish troops to invade the island resulted in their complete defeat by a group of people led by a brave woman called Brianda Pereira, in the famous battle of Salga Bay in 1581.

The struggles between two political movements at the time, the Absolutists and the Liberals, led Terceira to play an important part in the history of Portugal once again. Terceira supported the Liberals from 1820. After various tribulations, the Absolutists were dominated and the island became the main base of the liberals. On

Aug. 11, 1829, the town of Praia heroically resisted an attack and attempted landing by an absolutist fleet of 21 ships. It was this fact that led the town to be granted the title of Vitoria (victory) in 1837.

The end of the 19th and the beginning of the 20th century were marked by a progressive reduction of Terceira's role in the life of the Azores. The construction of a commercial port in Praia da Vitoria, the existence of an important Air Base and airport have opened new development perspectives for the island.

The island's main towns are Angra do Heroismo and Praia da Vitoria with approximately 14,000 and 7,000 inhabitants respectively.

The city of Angra located at the base of Mount Brazil features some old monuments and churches, namely the fortress of São João Batista. This fortress is about six-kilometers long and was built during the Spanish occupation; it was designed to be a bastion against pirates and at the same time a means for the Spanish to defend themselves from the island's population.

The city is currently the headquarters for the Regional Government's Secretariat for Education and Social Affairs and one of the University of the Azores' departments. The reconstruction work following the 1980 earthquake was carried to preserve the

ask Ed

Sr. Eduardo Lima
community relations adviser
limae@abw65.lajes.af.mil



style of the damaged buildings and monuments. This led the city to be classified by the United Nations in 1983 as one of the World's Heritage City. Places to visit in Angra include the Palace of Captain Generals, the main Cathedral, Town Hall, the Garden, Mount Brazil and the Museum.

Praia da Vitoria, located about three miles from Lajes, was the seat of captaincy in the early settlement period (1456 to 1474) and made a town in 1640 and was partially destroyed by an earthquake in 1841.

Its economic importance and growth during the last decades justified it being raised to the status of city June 20, 1981. Praia also features the only beach on the island. Other sites to visit in Praia include: the Matriz church, Santo Cristo church, Town Hall and Praia overlook where one can enjoy a breathtaking view of the city and surrounding areas.

Other towns worth visiting are Biscoitos; Porto Martins; Porto Judeu; Serreta and São Sebastião, São Mateus; Algar do Carvão (a

huge cave featuring stalagmites and stalactites, located in the center of the island) and Santa Barbara mountain.

As far as cultural events, Terceira is probably the Azorean island, it hosts more festivities during the summer months: Following Easter Sunday and for eight weeks, the island's streets come to life with Holy Ghost festivals. Then comes the Saint John's Festival called **Sanjoaninas Festivities**, which takes place in Angra every year in the last two weeks of June.

The first of May brings one of the most popular events on the island, street bullfighting. This tradition goes back to the 16th century and is probably related with the presence of the Spanish.

A visitor shouldn't leave the island before trying some of its food specialties. The alcatra, Holy Ghost soup, sweet bread, cozido (beef stew) and the local wine called "Vinho de Cheiro" are just some of the island's gastronomy connected with the summer festivities.

Fluoride key to fighting childhood tooth decay

Editor's note: Some material used in this article has been compiled from American Dental Association releases.

Through the media and a wide variety of other sources, you've probably been made aware of the decay preventing effects of fluoride.

The use of fluoride has resulted in a very significant decrease in the amount of tooth decay. Fluoride can be found in toothpaste, applied by the dentist, or more importantly, be found in public water supplies.

Fluoride that is taken in by a child either in the drinking water or by supplements will provide the greatest resistance to decay than all other sources. The fluoride will actually become part of the teeth as they develop and make them quite resistant to the acid that decay-causing bacteria produce.

It has been shown that children who drink fluoridated water have 40 to 60 percent less decay than children who do not. Baby teeth benefit the most from fluoride if it is taken from birth. For permanent teeth to receive the best protection, children need to drink

fluoridated water starting no later than age 2.

The water supply in and around the Lajes area contains natural fluorides, none has been added. The amount of fluoride varies from location to location and may not provide enough fluoride to produce optimum decay fighting results.

The dental clinic can give people information about the amount of fluoride in the water in their areas and provide fluoride supplements for children if necessary.

For more information, call the dental clinic at Ext. 23139.

Wing Recognizes 1997

Continued from Page 1



*U.S. Civilian
Category I*

**Deanna
Campbell**

*65th Logistics
Group*



*U.S. Civilian
Category II*

**Roger
Lissenden**

*65th Support
Group*



*Portuguese
Civilian
Category I*

**Alda Diana
Valadao**

*65th Logistics
Group*



*Portuguese
Civilian
Category II*

**Francisco
Toste**

*65th Medical
Group*



*Company
Grade Officer*

**Capt.
Christopher
Nick**

*65th Support
Group*

**MSgt.
Jarmon
has PCS'd.**

*Personnel
Manager - Base
level
Superintendent*

**MSgt. Scott
Jarmon**

*65th Support
Group*



*Personnel
Manager - Base
level Technician*

**TSgt. Thomas
Young**

*65th Logistics
Group*

**Photo Not
Available**

*Personnel
Manager - Base
level Specialist*

**SrA. James
Chevalier**

*65th Logistics
Group*



*Personnel
Manager - Unit
level
Superintendent*

**MSgt. Bernard
Driskell**

*65th Medical
Group*

**Photo Not
Available**

*Personnel
Manager - Unit
level Specialist*

**SrA. Jason
Davenport**

*65th Medical
Group*



Annual Award Winners



First Sergeant
MSgt. Scott Eversole
65th Medical Group



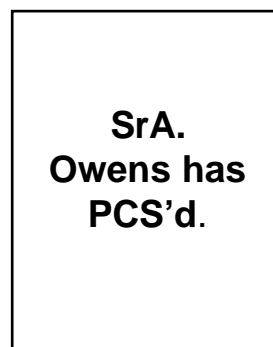
Senior Noncommissioned Officer
MSgt. Mark Martin
65th Support Group



Noncommissioned Officer
TSgt. Quinton Yoakum
65th Support Group



Airman
SrA. Paul Terrell
629th Air Mobility Support Squadron



SrA. Owens has PCS'd.

Honor Guard Member
SrA. Otis Owens
65th Support Group



Personnel Manager - Unit level Civilian
Maria Lima
65th Medical Group



Information Manager - Enlisted Apprentice
SSgt. Cherie Pagan
65th Support Group



Information Manager - Enlisted Technician
SSgt. Lisle Holland
65th Air Base Wing



Information Manager - International Manager
Ana Maria Do A. Anarade
65th Logistics Group



Base Training Manager
TSgt. James Russell
65th Support Group



Defense budget includes 3.1 percent raise for 1999

SSgt. Michael Dorsey
Air Force News Service

WASHINGTON — The president's fiscal 1999 Department of Defense budget proposal of \$257.3 billion includes a \$63.1 billion request for the Air Force, according to senior officials Feb. 2.

They said the budget proposal maintains the Air Force's top priorities: quality of life, readiness and modernization. The proposal includes a 3.1 percent pay raise for the active-duty force for 1999 and a 3 percent raise in 2000.

In addition, the budget proposal provides for construction, replacement and improvement of 1,473 family housing units and plans to build or renovate 21 dormitories that will eliminate gang latrines in the Air Force. Other provisions include supporting 84 operational family centers.

The senior officials emphasized that all people programs are funded in the budget, which also maintains a "delicate balance" between readiness and modernization.

To meet these objectives, the budget proposal also supports these expenditures:

Aircraft

- \$3 billion for 13 C-17 Globemasters
- \$2.3 billion for two F-22 Raptors

Budget solidifies commissary benefit

FORT LEE, Va. (AFNS) — Defense budget decisions released this week will come as good news to Defense Commissary Agency customers.

"We are now funded to sustain a basic level of the commissary benefit," said DeCA Director Richard E. Beale Jr. "Our base line appropriated funding remains secure, and DeCA continues to run the system."

"We will still maintain all of the efficiencies we have garnered as an agency over the last seven years, but we will give the customers -- through their military branch representatives -- a greater voice in how resources are applied and allocated to support them," Beale said.

The Department of Defense budget, submitted Feb. 2 to Congress, funds commissary operations with \$983.87 million in the current fiscal year and establishes a funded base line for sustaining the benefit through 2003, the extent of the budget program.

- \$456 million for Joint Strike Fighters
- \$146 million for bomber upgrades

Space systems

- \$732 million for space-based infrared systems
- \$284 million for evolved expendable launch vehicles
- \$282 million for airborne lasers;

Munitions

- \$399 million for 3,258 precision-guided munitions.

Today's Air Force still faces a large operation and personnel tempo load. The current deployment force is four times greater than that fielded in 1989, but overall Air Force manning has shrunk by a third. There are pilot retention concerns along with close tracking of enlisted retention, which has dropped from 82 percent to 71 percent. The Air Force goal is 75 percent.

Senior officials say the budget proposal supports Global Engagement, the Air Force's strategic vision, and its six core competencies. It also reflects the new defense strategy to shape international security, respond to global crises as needed and prepare now for an uncertain future.

Under the budget decisions, which still must be approved by Congress, each of the military services will assume a measure of financial responsibility for commissary operations beginning in fiscal 1999. Along with this financial stake will come directive authority for the services in the form of a commissary board to replace the current advisory board. DeCA continues running the commissaries, building upon the improvements and economic efficiencies it has made since its inception in 1991.

Beale said he views the budget decision as an overdue vote of confidence for the commissary benefit as it contributes to military quality of life. "In essence, this process reaffirms the importance of the commissary benefit to the military community."

Beale said the commissary consistently ranks first or second among active duty and retired military among non-pay benefits.

Retirees eligible for Soldiers' and Airmen's home

WASHINGTON (AFNS) — The U.S. Soldiers' and Airmen's Home is a retirement home for enlisted people who served honorably for 20 years or more, along with certain other veterans. The home, located in Washington, D.C., is a "total life-care community" for almost 1,400 veterans.

Veterans are eligible to become residents of the home if their active-duty service in the military was at least 50 percent enlisted, warrant officer or limited duty officer — the Air Force no longer has the latter two.

These are other resident requirements:

- Veterans with 20 or more years of active-duty service who are at least 60 years old; or
- Veterans unable to earn a livelihood due to a service-connected disability; or
- Veterans unable to earn a livelihood due to non service-connected disability, and who served in a war theater or received hostile fire pay; or
- Female veterans who served prior to 1948.

This full-featured facility provides many activities and amenities, including a fitness center, banking and post office facilities, and transportation to nearby Washington attractions. Residents can also enjoy an arts-and-crafts program, six-lane bowling center, chapels and a modern, full-service cafeteria that seats 1,400 residents and guests.

Health care is also a strength of the home. Community nursing and assisted living are available, as well as the King Health Center. The center located on the home's premises, offers primary, intermediate and skilled care options. There are also six daily shuttles for residents from the home to Walter Reed Army Medical Center.

The home's goal of "taking care of our own" is a military tradition. More information is available by calling 1-800-422-9988, by writing the home's public affairs office at USSAH, Washington, D.C., 20317; or by visiting www.afrh.com on the world wide web.



Sports briefs

TILGA

The next general meeting of the Terceira Island Ladies Golf Association will be held Saturday at 9:30 a.m. at the golf course. For more information on TILGA tournaments, call Cherie Freeman at Ext. 28555.

Bowling training camp

People interested in applying for the Air Force bowling training camp should submit an Air Force Form 303 through the fitness center. The camp will be held March 30 through April 4 at Robins AFB, Ga., and the Armed Forces Bowling Championships will be held at Camp Lejeune, N.C. April 5 through 11.

The selection of male and female bowlers for the camp is based primarily on averages for a minimum of 24 games. The averages must be established at the installation where the bowler is assigned although a waiver may be requested for unusual circumstances including military commitments that preclude establishing an average at the bowler's base of assignment.

Bowlers will be ranked and selected according to their base average and 10 additional points will be added to that average if the applicant participated in the Armed Forces Bowling Championships during the past three years and placed in the top five in the all-events category. Ten additional points may be added based upon a bowler's competitive record in high level civilian competition - such as qualifying for Team USA.

For more information, call the fitness center at Ext. 25151.

Golf tournament

The 65th Logistics Group will host an Expert Aimers Golf Tournament March 27. The cost is \$10 per person in a four-person select-shot format. For more information or to sign up for the tournament, call SMSgt. Franklin Smith at Ext. 23616.

Are you in the shape you want to be? Get a MicroFit at the Health Hut to find out how you can help yourself get fit.

Call Ext. 23889



Photo/Guido Melo

TSgt. Thomas Young, 65th Mission Support Squadron, measures the neck of Col. Rod Gibson, 65th Air Base Wing Commander during his mandatory tape measurement check this week. Waiting their turns at the tape are CMSgt. Dave Sutton, 65th ABW senior enlisted advisor and Col. Segundo Peirera, 65th Support Group Commander. Every member of the 65th MSS must be taped during the month of February.

Tape measurements give individuals fitness indication

All 65th Mission Support Squadron members must be measured during the month of February

SSgt. Rosaire Bushey
Editor

For members of the 65th Mission Support Squadron, February is the month to be taped. And while the mandatory taping may be a new experience for some, it's not new to the base. The 65th Medical Group used the taping instead of a weight check in January.

The taping is designed to check the percentage of body fat a member has. Measurements for a male's neck and waist and a female's neck, hips and waist are programmed into a computer with the member's height to come up with a percentage.

People who are over the maximum allowable body fat percentage for their age are placed on the weight management program.

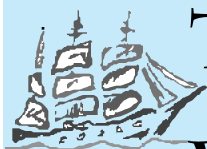
The tape circumferential measurement, a Department of Defense directive program, is an accurate test to measure a person's body fat

composition based on current standards, according to SSgt. Michelle Hawk, noncommissioned officer in charge of the Health Hut.

Hawk warns people who are not currently involved in a regular aerobic exercise program that it's never too late to start.

"Diets, on their own, simply don't work to get rid of fat," she said. "The only way to make sure you will be able to pass a test - whether it be a tape measurement or cycle ergometry test - is to begin and maintain a regular routine of exercise."

The goal for the 65th Mission Support Squadron Commander, Lt. Col. Cheryl Uthe, is "not to catch people who exceed the maximum allowable standards, but to motivate people to change their lifestyles and live a healthier life," she said. "Fit people are more productive to the Air Force and in the long run, they'll save themselves in Tricare and health costs."



TRADE WINDS

Saturday

Lunch: Sukiyaki, Chinese five spice chix, pasta primavera

Dinner: Grilled ham steak, szechwan beef, tuna-noodle casserole

Sunday

Lunch: Baked Italian sausage, grilled mock fillet steak, vegetarian pizza

Dinner: Pork chop suey, baked and fried chicken, ginger pepper steak

Monday

Lunch: Cajun meatloaf, iscas a Portuguesa, chicken chow mein

Dinner: Stuffed green peppers, roast turkey, sausage, peppers and onions

Tuesday

Lunch: Beef alcatra, spaghetti, pepperoni pizza

Dinner: Swedish meatballs, fried fish portions, gingered pork

Wednesday

Lunch: Sauerbraten, ervilhas a Portuguesa, jaegerschnitzel

Dinner: Barbecue beef cubes, chicken vega, pasta primavera

Thursday

Lunch: Tamale pizza, balcalhau, cozinha velha, baked and fried chicken

Dinner: Lasagna, tempura fried fish, turkey enchiladas

Jan. 16

Lunch: Lombo de porco, Italian meatloaf, vegetable chow mein

Dinner: El rancho stew, mustard dill baked fish, beand and cheese enchiladas

(Note: Menu subject to change without notice.
Daily hotline menu:
Ext. 24248.)

Briefs

Family talent contest

The community center is looking for families interested in participating in the first Air Force Family Talent Contest. At least 10 family acts are needed. Also needed are microphone cords and a sound system as well as volunteers to run sound, lighting and stage. Without the volunteers and equipment, the program will not take place. People can sign up until Feb. 17.

Community center notes

- There will be a Sega/Nintendo tournament Feb. 14 from 10 a.m. to 2 p.m. in the conference room. The cost is \$2 and there will be prizes for first and second place. The three age groups for the competition are: 5 to 9 years; 10 to 18 years; and 18 and up.

- There will be a baby diaper derby Feb. 28 from noon to 3 p.m. in the ballroom. Infants three and younger are eligible. Awards will include certificates for chubbiest legs, cutest cheeks, cutest smile, curliest hair, fastest crawler and fastest daddy diaper changer. Sign up by Feb. 24th.

- There will be a flea market Feb. 21 from 10 a.m. to 1 p.m. in the ballroom. Cost for tables for people who would like to sell items is \$7.50.

Position open

Lajes High School will have an opening for a GS-4 education aid (special education). Application packets can be picked up at the high school office. Applications, however, must be mailed in to the Turkey personnel office. The

deadline for mailing these applications is Feb. 20. The position to be filled is for the remainder of the 97/98 school year, with the possibility of extension into the 98/99 school year.

Youth program notes

The following are youth program supertimes for children ages 6 and older for February. For more information, call Ext. 23273.

- Make paper heart baskets and love bugs, Tuesday, from 3 to 4 p.m.
- Make kissy cookies, Thursday, from 3 to 4 p.m. The cost is \$1 with a membership card.
- Make apple tree treats, Feb. 17, from 3 to 4 p.m. The cost is \$1 with a membership card.
- Make hair scrunches, Feb. 19, from 3 to 4 p.m.
- Make ashanti masks, Feb. 24, from 3 to 4 p.m.
- Enjoy a hot shot competition, Feb. 26, from 3 to 4 p.m.

The following are youth program socials for children ages 6 and older for February.

- Skating at the Lajes Loop, Feb. 6, from 7 to 10 p.m. The cost is \$2 with a membership card and you can bring your own skates. Meet at the skating rink. Sign up no later than Thursday.
- The Sweetheart Ball is Feb. 13, from 7 to 10 p.m. and the cost is \$5.
- There's a party and dance Feb. 20, from 7 to 10 p.m. for everyone whose birthday is in

Continued on Page 11

Call Ext. 22369



busheyr@abw65.lajes.af.mil

- Horse, great around children, well natured. Some tack/grooming/feed supplies included. PCSing and need to find her new owners. Call Ext. 28751 to see or for more information.

- 1996 Ford Explorer Sport 4x4, loaded with all options. About 7,000 miles, manufacturer warranty, \$23,000 or T.O.P. +\$4,000. Available at the end of January. Call Ext. 28858 after 6 p.m.

- Free 1983 Maxima with current inspection

tion with purchase of cottage G-203 right next to hospital gate, three bedrooms, one bath, newly renovated interior, fenced yard and fireplace. Asking \$9,800 OBO. Call Ext. 24134. Available now.

- 1994 Ford Tempo, caymon green, 34,000 miles, four door, air conditioning, auto locks and mirror, automatic adjustable driver's seat, stereo cassette, new tires, great shape. Asking \$5,300 or take over payments. Call Kevin Small at Ext. 25212.

Classified ads run on a space available basis for two weeks.



Briefs *Continued from Page 10*

February. The cost is \$2 with a membership card.

- There's a social Feb. 27, from 7 to 10 p.m. The cost is \$2 with a membership card.

Troy state term III

Registration for Troy State's term III will be Monday through Feb. 20. There will be two eight-day classes at Lajes — Comparative Government, from March 14 to 21; and Theory and Ideology of International Relations, from April 4 to 11. Troy State will also offer three distance education classes: East Asia in World Affairs, National Security Policy, and International Economics. For more information on any Troy State class, call Pat Conley at Ext. 23375 or stop by Bldg. T-426, Room 225 between 8 a.m. and 4 p.m. Monday through Friday.

FSC classes

- There will be an 'All About IRAs' class Feb. 25 from 6 to 8:30 p.m. at the family support center classroom. The seminar will dis-

cuss individual retirement accounts and the tax advantages associated with different IRA plans.

- A seminar on how to pay for your kids' college education will be held Feb. 18 from 6 to 8:30 p.m. at the family support center classroom.

- Saturday from 9 a.m. to noon there will be a Windows '95 class.

- Monday from 1:30 to 4 p.m. there will be a Microsoft Word class.

- There will be a pre-move seminar Wednesday from 2 to 4 p.m.

- A space-A and environmental morale leave seminar will be held Feb. 17 from 11 a.m. to noon.

Play group meeting

The community center is holding an organizational meeting March 10 at 6 p.m. for people interested in forming a base theatre group. For more information, call Ext. 24135.

CDC sing-a-long

The child development center is having a sing-a-long songfest every Wednesday in February at 2:30 p.m. Each sing-a-long session features a different room. The schedule is as follows: Feb. 11 — Room II; Feb. 18 — Room III; and Feb. 25 — Room IV. A children's song book of family favorites will also be produced for parents. For more details, call the CDC at Ext. 23188.

Valentine telegrams

The Red Cross is delivering wacky singing telegrams for Valentine's Day. The messages will be delivered Wednesday, Thursday and Feb. 13 between 8 a.m. 8 p.m. The cost is five cents per word. Call Ext. 23516 by Tuesday for delivery or more information.

Duty hour net use

Due to bandwidth saturation and limited bandwidth availability, e-mail and internet use are restricted during the hours of 8 a.m. through 5 p.m. to official business use only. For more information, call the network control center help desk at Ext. 22222 or your unit workgroup administrator.

Prayer breakfast

The 45th Annual National Prayer Breakfast will be held Feb. 13 at 7 a.m. at the club. This year's speaker is Lt. Col. Herbert Carter, USAF retired. Carter is a veteran fighter pilot and a former member of the 99th Fighter Squadron, better known as the Tuskegee Airmen. Tickets will go on sale Tuesday from first sergeants or at the chapel. The deadline for ticket sales is Feb. 11.

Hometown news to feature Lajes people in action

Two members of the Army and Air Force hometown news features department will be at Lajes in February to do feature stories on individuals.

People who would like to be featured and have their stories told to their hometown newspapers should call Ext. 22369 for a reservation or email: busheyr@abw65.lajes.af.mil. The following information should be included: Name, rank, unit, phone number, building you work in and duty title. A confirmation message with a place and time will be returned to participating members.

The team will interview and take photographs of between 150 and 200 people. People can expect to spend about an hour to finish the process.

For more information, call SSgt. Rosaire Bushey at Ext. 22369 or TSgt. Patricia Collins at Ext. 23347.

Recycling schedule

The following is the recycling schedule for base recycling. Military family housing - Tuesday and Thursday; Base facilities and dorms - paper on Wednesdays, aluminum cans on Fridays; Bulk cardboard pickups - Wednesdays.

Drop-off locations include the trailers at the commissary anytime or at Bldg. T-695 Monday through Friday from 8 a.m. to 5 p.m.

Paper, cardboard and aluminum cans are the only recyclable materials at this time. No glass or plastic can be accepted.

ESC notes

- The enlisted spouses club will have their spring bazaar March 14 at the community center from 10 a.m. to 4 p.m. Contracts are available at the CC for anyone interested in reserving a table at this year's event. Completed contracts must be sent to Kim Skates by Feb. 28. For more information, call Ext. 28237.

- The ESC February general membership meeting will be Tuesday at the club at 7 p.m. For more information, call Ext. 28782.

- The ESC will have a Valentine's carnation sale at the club Feb. 14 beginning at 10 a.m. Flowers are \$10 for 12, \$5 for 6 or \$1 each.

AFI 36-2903

Tip of the Week

Courtesy - Lajes First Sergeant's Council

With the temperatures dropping occasionally, people are breaking out their jackets. Remember to wear the proper jacket, it must be zipped and/or buttoned at least halfway and you need to remove it once indoors.

Stay safe, stay happy, and most of all stay in standards. Remember, you represent us all.

Protestant schedule

Saturday — 6:18 p.m. - Lutheran

Sunday — 9 a.m.

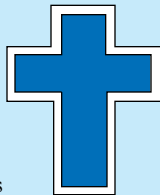
Evangelical service

Noon Gospel service

Catholic schedule

Saturday — 5 p.m. Mass

Sunday — 10:30 a.m. Mass



Thought for the Week

*"God is our refuge and strength,
a present help in trouble."*

Psalms 46:1



Movies

All show times are at 7 p.m. unless indicated. Movies are subject to change without notice. Call Ext. 23302 for information. (V= violence; S=sex; D=drug use; L=language)



Saturday

Alien: Resurrection

R (V•L)
107 min

• Sigourney Weaver and Wynona Ryder. About 200 years after Ripley plunged into the acid vat, the Company reconstructs her DNA along with the queen alien who was in her body. Now, Ripley is more than human.

Sunday

The Jackal

R (V•L)
120 min

• Bruce Willis and Richard Gere. An assassin is hired to kill a high level U.S. official. The only man who could stop him is an IRA terrorist who must be persuaded to work with the FBI.

Monday

Mad City
PG-13 (V•L)
120 min

• Dustin Hoffman and John Travolta. Sam Bailey is a museum security guard who is in a rage over being fired. He inadvertently shoots another employee then takes hostages in a three day standoff.

Tuesday

Starship Troopers

R (V)
124 min

• Casper VanDien and Dina Meyer. The Starship Troopers blast to the ends of the universe to keep Earth safe from intergalactic threats. The troopers are about to meet their greatest challenge when they must declare all out war on a race of giant killer insects.

Wednesday

The Jackal

R (V•L)
120 min

• See Sunday for details.

Thursday

Mad City
PG-13 (V•L)
120 min

• See Monday for details.

Feb. 13

Alien: Resurrection

R (V•L)
107 min

• See Saturday for details.

SATURDAY

0030 Showbiz Today
0100 Unsolved Mysteries
0200 CBS Winter Olympics Opening Ceremonies
0500 Headline News
0530 ABW World News Tonight
0600 CNN/SI
0630 NBC Nightly News
0700 Puzzle Place
0730 The Magic School Bus
0800 Darkwing Duck
0830 Animaniacs
0900 Aaahh! Real Monsters
0930 Eerie, Indiana
1000 New Explorers
1100 Hometown
1130 America's Family Kitchen
1200 Headline News
1230 Navy/Marine Corps News
1300 College Basketball - Cincinnati at Marquette
1500 NBA All Star Friday
1600 WWF Superstars
1700 The Entertainers
1800 Headline News
1830 ESPNNews
1900 Married With Children
1930 Everybody Loves Raymond
2000 Drew Carey
2030 Nanny
2100 20/20
2200 Olympic Winter Games

SUNDAY

0000 Unsolved Mysteries
0100 ESPNNews
0130 Headline News
0200 Olympic Winter Games
0500 Headline News
0530 Olympic Winter Games
0630 Center Street
0700 Coral Ridge
0730 Creflo Dollar
0800 Nightmare Ned
0830 Shakespeare: Animated Theater
0900 Dr. Quinn: Medicine Woman
1000 Honey, I Blew Up The Kids
1200 Headline News
1230 Army News
1300 Women's College Basketball - Old Dominion at Tennessee
1500 Unsolved Mysteries
1600 WCW Pro Wrestling
1700 Xena Warrior Princess
1800 Headline News
1830 ESPNNews
1900 College Basketball - Air Force at San Diego State
2100 Olympic Winter Games

MONDAY

0000 Unsolved Mysteries
0100 Headline News
0130 Wall Street Journal Report
0200 Olympic Winter Games
0500 Headline News
0530 Olympic Winter Games
0630 Headline News
0700 NBA 48th All Star Game
1000 Port Charles
1030 Guiding Light
1100 General Hospital

1200 Headline News
1230 Wheel of Fortune
1300 Olympic Winter Games
1500 What a Mess
1530 Ace Ventura: Pet Detective
1600 Captain Planet
1630 Secret World of Alex Mack
1700 Jeopardy
1730 ESPNNews
1800 Headline News/News 8
1830 Navy Marine Corps News
1900 60 Minutes
2000 Murphy Brown
2030 Frasier
2100 New York Undercover
2200 Headline News/News 8
2230 Tonight Show with Jay Leno
2330 Late Show with Letterman

TUESDAY

0030 Showbiz Today
0100 Unsolved Mysteries
0200 Olympic Winter Games
0500 Headline News
0530 ABC World News Tonight
0600 CNN/SI
0630 Olympic Winter Games
0730 Sesame Street
0800 Fraggie Rock
0830 Fitness Beach
0900 Montel Williams
1000 Port Charles
1030 Guiding Light
1100 General Hospital
1200 Headline News
1230 Wheel Of Fortune
1300 Olympic Winter Games
1500 Animaniacs
1530 Goof Troops
1600 Goosebumps
1630 Nick News
1700 Jeopardy
1730 ESPNNews
1800 Headline News/News 8
1830 Showbiz Today
1900 The Single Guy
1930 Seinfeld
2000 Caroline in the City
2030 Boston Common
2100 Law and Order
2200 Headline News/News 8
2230 Tonight Show with Jay Leno
2330 Late Show with Letterman

WEDNESDAY

0030 Showbiz Today
0100 Unsolved Mysteries
0200 Olympic Winter Games
0530 ABC World News Tonight
0600 CNN/SI
0630 NBC Nightly News
0700 Olympic Winter Games
0800 Barney and Friends
0830 Body Shaping
0900 Oprah Winfrey
1000 Port Charles
1030 Guiding Light
1100 General Hospital
1200 Headline News
1230 Wheel Of Fortune
1300 Olympic Winter Games
1500 Life with Louie
1530 Madeline
1600 Power Rangers ZEO
1630 Hidden Temple
1700 Jeopardy!

1730 ESPNNews
1800 Headline News/News 8
1830 CNN Showbiz Today
1900 Moesha
1930 Home Improvement
2000 Beverly Hills 90210
2100 Melrose Place
2200 Headline News/News 8
2230 Tonight Show with Jay Leno
2330 Late Show with Letterman

THURSDAY

0030 Showbiz Today
0100 Unsolved Mysteries
0200 Olympic Winter Games
0500 Headline News
0530 ABC World News Tonight
0600 CNN/SI
0630 Olympic Winter Games
0730 Sesame Street
0800 Fraggie Rock
0830 Fitness Beach
0900 Montel Williams
1000 Port Charles
1030 Guiding Light
1100 General Hospital
1200 Headline News
1230 Wheel Of Fortune
1300 Olympic Winter Games
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Feb. 13

0030 Showbiz Today
0100 Unsolved Mysteries
0200 Olympic Winter Games
0500 Headline News
0530 ABC World News Tonight
0600 CNN/SI
0630 Olympic Winter Games
0900 Oprah Winfrey
1000 Port Charles
1030 Guiding Light
1100 General Hospital
1200 Headline News
1230 Wheel Of Fortune
1300 Olympic Winter Games
1500 Batman
1530 Beethoven
1600 Tailspin
1630 Space Cases
1700 Jeopardy!
1730 ESPNNews
1800 Headline News/News 8
1830 CNN Showbiz Today
1900 Nick Freno
1930 Simpsons
2000 Star Trek Deep Space Nine
2100 X-Files
2200 Headline News/News 8
2230 Tonight Show with Jay Leno
2330 Late Show with Letterman